

Employee Assistance Program

1-800-852-3345, Ext. 4336 or 271-4336

Self-Confidence Stew

In our minds we're always cooking up some ideas about ourselves. Many of them are tailor made to destroy self-confidence. Here are some ingredients for a good hearty self-confidence stew:

- I like myself
- I remember my successes
- I see mistakes as a way to learn
- I focus on positive feedback from others
- I look for many ways to make positive changes
- I have a self-improvement program
- I try to take action rather than just plan action



Don't just stick to the recipe – add some of your favorite seasonings:

- *Which of the above ingredients do you already have on hand?*
- *Which ones do you need to get more of?*

Some things just don't belong in this dish. Avoid these ingredients:

- I'm no good
- I'm not like so-and-so
- I'll never make the grade
- I fail at lots of things
- I don't get enough approval

Do you have a lot of these unnecessary ingredients around? Put them in the trash now. Check the list every day and keep yourself well supplied with ingredients for cooking up self-confidence.